

# DEHYDRATED DICED/SLICED POTATOES

## DRY

for use in the USDA Household  
Commodity Food Distribution Programs

### Product Description

**Dehydrated** diced/sliced potatoes are uncooked potatoes with most of the water removed.

### Pack

- **Diced** potatoes are packaged in a 2½ pound plastic bag. Each bag will make 48, ½-cup servings of **diced** potatoes.
- **Sliced** potatoes are packaged in a 5-pound laminated paper bag. Each bag will make 96, ½-cup servings of **sliced** potatoes.

### Storage

- **Store** potatoes at room temperature. After opening, store in airtight container in the refrigerator.
- For **best quality**, use unopened potatoes within 6 to 12 months of receipt.

### Uses and Tips

- Completely cover potatoes with water during cooking.
- If using in recipes that need more cooking, cook potatoes for only 15 minutes.
- For added convenience, cook potatoes the day before, drain, and refrigerate them in a closed container overnight. Use within 3 days.
- **Uncooked** potatoes can also be used in some recipes - diced/sliced are interchangeable.



U.S. Department of Agriculture

- Serve cooked potatoes as a vegetable topped with grated cheese or as an ingredient in other recipes such as potato salad, casseroles, soups, and stews

### Cooking

Bring 2 cups water and ¼ teaspoon salt (optional) to a boil. Add 2 cups potatoes. Cook on low heat for 20 minutes or until tender. Drain any excess water from potatoes. (Makes four ½-cup servings.)

### Nutrition Information

- **Potatoes** are a source of fiber, vitamins C and B-6, niacin, and potassium as well as other Vitamins and minerals. Potatoes contain little Fat and have no cholesterol or saturated fat.
- ½ cup diced or sliced potatoes provides 1 serving from the **VEGETABLE GROUP** of the **Food Guide Pyramid**.

*(See recipes on reverse side)*

Nutrition Facts			
Serving size ½ cup (113g) rehydrated cooked potatoes			
Amount Per Serving			
Calories	78	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	15mg		0%
Total Carbohydrate	18		6%
Dietary Fiber	0		0%
Sugars	0g		
Protein	1g		
Vitamin A	0%	Vitamin C	5%
Calcium	0%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet.			

## Scalloped Potatoes

1 teaspoon vegetable oil  
 2½ cups **uncooked** dehydrated sliced potatoes  
 1 cup milk, made from nonfat dry milk powder  
 3 tablespoons butter  
 3 tablespoons flour  
 ½ teaspoon salt  
 ¼ teaspoon black pepper  
 2 teaspoons finely chopped onion  
 2 cups milk, made from nonfat dry milk powder

1. Oil an 8" by 8" baking pan.
2. Arrange potatoes on bottom of pan.
3. Cover with 1 cup milk.
4. Melt butter in a small pot on low heat until bubbly.
5. Add flour, salt, pepper, and onion; stir until mixture bubbles, about 2 minutes.
6. Slowly add 2 cups milk; stirring constantly on medium heat until sauce is smooth and bubbly; about 5 minutes.
7. Pour sauce over potatoes and bake at 375°F for 45 minutes or until lightly browned.

***Makes six ½-cup servings***

**Variation: Skillet Scalloped Potatoes** - Prepare as directed for **Scalloped Potatoes**, except arrange potatoes in a 8" skillet coated with oil; cover with 1 cup milk, then sauce. Cover and cook on low heat for 30 minutes or until edges bubble.

### Nutrition Information for each serving of Scalloped Potatoes:

Calories	172	Cholesterol	18 mg	Sugar	6 g	Calcium	161 mg
Calories from Fat	58	Sodium	332 mg	Protein	6 g	Iron	0.5 mg
Total Fat	6.5 g	Total Carbohydrate	22 g	Vitamin A	133 RE		
Saturated Fat	4.0 g	Dietary Fiber	1 g	Vitamin C	6 mg		

## Dutch Potato Salad

2 cups water  
 1¼ cups **uncooked** dehydrated diced potatoes  
 1½ teaspoons finely diced onion  
 1 tablespoon finely diced green pepper  
 1 hard cooked egg, peeled, diced  
 1 slice bacon, finely diced  
 1 tablespoon flour  
 2 tablespoons sugar  
 ¾ teaspoon salt  
 2½ tablespoons vinegar  
 ¼ cup water

1. In a medium saucepan, add water to potatoes.
2. Bring to a boil. Cover and cook on low for 15 minutes.
3. Refrigerate potatoes in cooking water for 2 hours or overnight. Drain chilled potatoes.
4. Stir in onion, green pepper, and hard cooked egg.
5. In a small saucepan, cook diced bacon. ***Do not drain fat.***
6. Stir in flour, sugar, and salt.
7. Add vinegar and ¼ cup water.
8. Heat over medium heat until thickened and bubbling, about 2 minutes.
9. Pour over potatoes and mix. Serve warm or chill at least two hours.

***Makes five ½-cup servings***

**Variation:** Instead of bacon, brown 1 ½ tablespoons finely chopped luncheon meat in 1 teaspoon vegetable oil.

### Nutrition Information for each serving of Dutch Potato Salad:

Calories	114	Cholesterol	43 mg	Sugar	5 g	Calcium	14 mg
Calories from Fat	18	Sodium	395 mg	Protein	3 g	Iron	0.6 mg
Total Fat	2.0 g	Total Carbohydrate	21 g	Vitamin A	20 RE		
Saturated Fat	0.6 g	Dietary Fiber	1 g	Vitamin C	7 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

**U.S. Department of Agriculture • Food and Nutrition Service • 1999**

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14<sup>th</sup> & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.